



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



What is self-harm?

Self-harm is defined as intentionally injuring oneself in order to express painful or sad emotions. Self-harm isn't usually done with the intention of attempting suicide. However, in order to let go of negative feelings.

Causes Leading to Self-Harm

Self-harm has a range of causes; here are some of the most common reasons why people self-harm.

- ✓ Money issues
- ✓ Illnesses or health problems
- ✓ A relationship's breakdown
- ✓ Bullying
- ✓ Stress at home or school
- ✓ Unemployment
- ✓ Complex feelings leading to depression, anger, or anxiety.
- ✓ Low self-esteem

With various reasons leading to self-harm, there's also many types of self-harm. It can be cutting oneself, scratching, hitting or punching oneself, deliberately starving themselves (anorexia nervosa), or binge eating (bulimia nervosa). Usually, people often try to keep self-harm a secret because of shame or fear of it being seen by others, even their family members and close friends. It is important to identify people around you who are hurting themselves.

Thus, here are some symptoms to look out for:

- ✓ Dressing inappropriately for the weather; Wearing long sleeves and pants even in hot weather
- ✓ Avoiding sports or activities that expose the body, for instance, swimming
- ✓ Keeping sharp objects in hand
- ✓ Scars
- ✓ Fresh cuts
- ✓ Scratches
- ✓ Bruises
- ✓ Bite marks
- ✓ Frequent statements of hopelessness, helplessness, worthlessness, or stress.

♥Helpful Tips♥

For your friend or family member: You may be startled and concerned if a friend or family member is self-harming, and that's totally normal. While self-harming is too much of a problem to ignore, it's important for you to remain calm and find the best course of action. Identifying someone who is hurting themselves is not an easy task. Hence, here are some tips to help you:

Do your best not to panic or overreact. Your response to a friend or a family member will have an effect on whether or not they want to talk to you or feel comfortable opening up to you.

- ✓ Try to be non-judgmental
- ✓ Always have empathy about what they are going through and doing
- ✓ Remind them of their strengths and positive traits
- ✓ Tell them you're there for them and that you care deeply about them
- ✓ Offer to assist them in locating support



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Self-Help:

You're having a very hard time, feeling very depressed or stressed out. And so, you decide to hurt yourself in order to release your feelings. Wait! That's not the right thing to do! Always remember that there's other solutions that you can try to release your sad feelings other than hurting yourself. Here are some helpful solutions:

When the thought of self-harming first comes to your mind, talk to someone whom you trust and feel comfortable talking to. Like your best friend, family members, teacher, or the school guidance counselor.

Accept your feelings! You're not feeling happy, and that's totally fine! Everyone has their down times, and the process of learning to accept your feelings will take quite some time. One way to do that is to write a diary. Writing a diary helps you have a better understanding of your feelings and why you feel that way. You can also do the following if you have upset feelings, you can exercise, go for a run, make art, tear something up into hundreds of pieces, weed a garden.

Staying healthy both physically and mentally is a tough row to hoe. Always remember that whenever you're feeling gray, there's always someone or something you can rely on. There's plenty of options out there that's better than hurting yourself to release negative feelings. Never go through this process on your own. It is never easy to cope with painful emotions, but if you do it with determination you can do it!

-Elly Wu Feng



SAY NO TO VAPING

You've probably heard a lot about vaping in the last several months. You may also be aware of the recent respiratory illness and death outbreaks connected to vaping in the United States.

However, those aren't the only risks that come with vaping. Despite their differences in appearance, most vaping devices work in the same way. A battery-operated warming component is engaged as you puff. This warms the liquid in the container, transforming it to vapors that can be inhaled. You're exposing your lungs to a variety of chemicals when you vape. This category includes the main active components in tobacco nicotine or marijuana, as well as flavorings and other additives added to vaping liquids. Furthermore, other chemicals can be produced during the vaporization process.

Vaping allows nicotine to be absorbed into the body. Nicotine is very addictive, and studies have shown that it has an impact on memory, attention, learning, self-control, attentiveness, and mood in teenagers. Increases the risk of other types of addiction later in life. These are some of the ways it can harm our health and have long-term consequences. In short, don't start to avoid future problems.

-Selma Arab





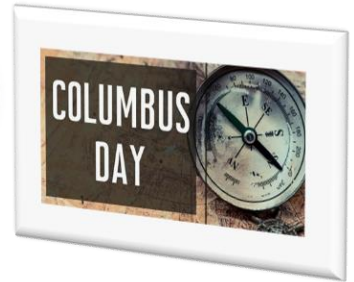
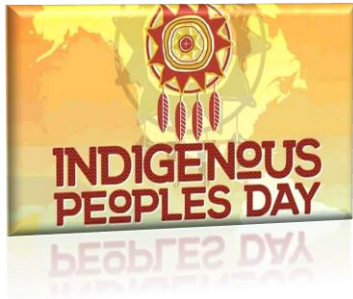
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Columbus Day is a national holiday celebrated in the of October. Which is the anniversary of Christopher Columbus' arrival to America. On October 12. 1492, after 10 long weeks on sea they reached what it was soon to be called America. Columbus Day became a national holiday in 1934, Since 1971, when Columbus Day was designated the second Monday in October.

Columbus day is celebrated because of Christopher Columbus's arrival to America. Christopher Columbus was a 15th and 16th century explorer credited for connecting Europe, Africa, and Asia to North America and South America. Which allowed us to have more resources and more lands. If he did not discover America at the time that he did then we would have been limited to a lot of resources and land and slowing down the world's development.

In later years, Columbus Day would be changed to Indigenous Day to honor the Native Americans who predate Columbus in the New World. Native American peoples are honored and celebrated on Indigenous Peoples' Day in the United States, which also respects and remembers their histories and cultures.

-Derek Wen

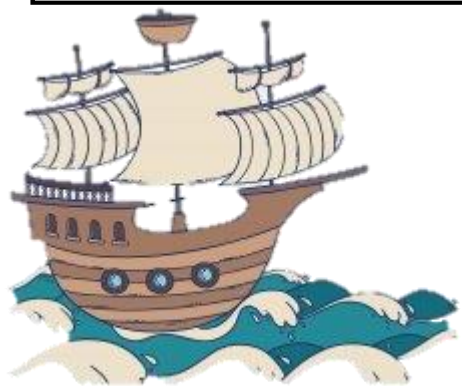




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AGE OF EXPLORATION

F	S	S	J	E	F	Y	X	O	M	U	A	M	B	C	L	X	O
L	R	C	P	I	D	M	H	D	Z	M	S	A	Y	I	O	L	J
S	L	A	D	I	X	U	F	O	A	G	R	P	H	R	N	D	Y
U	E	Y	N	G	C	J	T	G	M	T	M	G	P	C	G	V	X
W	L	T	J	C	Y	E	A	I	O	A	J	S	A	U	I	F	S
B	K	V	R	C	I	D	T	L	T	K	D	L	R	M	T	U	X
K	O	Y	G	O	O	S	O	R	F	A	X	W	G	N	U	X	F
H	Q	Z	B	C	C	M	C	R	A	Z	L	M	O	A	D	X	J
S	P	I	S	L	E	N	V	O	H	D	H	T	T	V	E	O	I
P	S	A	D	U	J	K	A	S	P	A	E	H	R	I	B	O	K
Y	V	E	D	F	T	Z	X	N	X	I	C	W	A	G	R	J	W
P	V	I	G	N	A	U	A	G	R	U	Z	M	C	A	X	Y	T
N	A	V	I	G	A	T	I	O	N	E	S	A	F	T	I	Z	J
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U	M	X	E	W	Q	R	O	C	E	N	O	R	C	M	C	C	M
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V	U	M	G	G	D	D	Q	K	F	F	B	J	S	X	T	F	L
G	L	R	V	K	D	O	I	P	B	O	T	I	W	J	Z	Q	O
L	H	X	V	F	H	V	E	G	T	I	A	G	T	F	R	T	C
I	M	Z	S	Z	D	L	Z	G	E	U	U	P	G	P	P	M	R
H	E	N	R	Y	T	H	E	N	A	V	I	G	A	T	O	R	I

Word Bank

- BARTOLOMEU DIAS
- CARTOGRAPHY
- CIRCUMNAVIGATE
- COLUMBUS
- CONQUISTADOR
- FRANCISCO PIZARRO
- HENRY THE NAVIGATOR
- HERNAN CORTES
- JAMES COOK
- JOHN CABOT
- LATITUDE
- LONGITUDE
- NAVIGATION
- SEXTANT
- SPICE TRADE
- VASCO DAGAMA
- VIKINGS

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